GRANDE PRAIRIE REGIONAL COLLEGE DEPARTMENT OF PHYSICAL EDUCATION, ATHLETICS & KINESIOLOGY PE 1100 - PERSONAL HEALTH AND FITNESS COURSE OUTLINE - WINTER 2000

INSTRUCTOR: Leigh Goldie

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Lab Coordinator - Laura Hancharuk

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CLASS TIMES: Lectures - Monday & Wednesday, 1:00 - 2:20

Labs - AL1 - Friday, 11:00 - 11:50 AL2 - Friday, 1:00 - 1:50

COURSE DESCRIPTION: This course is designed to offer an individual-based analysis of physical fitness and personal health issues. Emphasis will be on planning and managing one's own lifestyle for health and well-being.

COURSE OBJECTIVES: | To contribute to a knowledge and understanding of the basic concepts of wellness, health promotion, active living, physical fitness and nutrition.

2. To develop a personal plan for living a healthy, well balanced life.

 To identify health and fitness as resources and major components in achieving quality life.

4. To develop an awareness of the function of various public and private agencies in promoting health within the community.

TRANSFERABILITY:

University of Alberta

HE ED 110(3)

University of Calgary

PHED 247(3).

University of Lethbridge

KNES 1000(3)

TEXT: Hoeger, W. K. and Hoeger, S. A. (1999). Principles and labs for fitness and wellness (5th ed.). Englewood, CO: Morton Publishing.

EVALUATION:

Test No. 1 - Wed., Feb. 16 Test No. 2 - Wed., April 12 25%

Labs/Workbook

25% 40%

Presentation

10%

LAB WORKBOOK: Lab workbooks will be submitted twice during the term. The first due date will be Wednesday, Feb. 10 at the test and the second will be Wednesday, April 12 at the test. Late workbooks will not be accepted. Included in your workbook will be all labs completed during the course of the term. Also, you will include two newspaper articles for each week of the term. One article each week will deal with health system issues while the other will relate to personal health and fitness.

PRESENTATIONS: Please see the accompanying handout for a detailed description.

COURSE SCHEDULE () Chapters from textbook

Classroom - Mouday, Wednesday,	Labs - Friday
Jan. 5 Introduction, Course Outline	
Jan. 10 Wellness (1)	2A
Jan. 12 Wellness and fitness (1)	
Jan. 17 Energy systems	Interval Training
Jan. 19 Energy systems	This Thinning
Jan. 24 Cardiorespiratory exercise (6)	Blood Pressure
Jan. 26 - (7)	Digod Pressure
Jan, 31 Strength training (8)	P14
Feb. 2 (8)	Fitness Assessment
Feb. 7 Flexibility(9)	00 00 00
Feb. 9 Posture, back care	9B, 9C, Posture pictures
Feb. 14 Cardiovascular disease (12)	Progressive Relaxation
Feb. 16 Test No. 1	rtoglessive Relaxation
Feb. 28 AIDS (15)	CCAA VB no lab
Mar. CCAA VB - no class	CCAA VB = 110 130
Mar. 6 Stress Management (11)	Autogenic Training
Mar_8 (11)	11A, 11B, 11C, 11E
Mar. 13 Nutrition (3)	Nutritional Analysis
Mar. 15 (3)	The Month Palarysis
Mar. 20 Body Composition (4), Eating Disorders	4B. 5B
Mar. 22 Weight Management (5)	100, 100
Mar. 27 Exercise cautions	Grocery Store Tour
Mar. 29 Fraud and quackery (16)	THE PARTY NAMES AND TAXABLE
Apr. 3 Cancer (13)	Fitness re-assessment
Apr 5 Smoking (14)	13A, 13B, 15A, 15C
Apr. 10 Wrap-up and review	
Apr. 12 Test No. 2	